GARMIN

vívofit™ Owner's Manual

Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Getting Started

When using your device for the first time, you must complete these tasks to set up the device and learn about the basic features.

NOTE: You can set up the device using your home computer or compatible mobile device.

1. Select an option:
   - If you are using a computer to set up your device, plug the wireless USB ANT Stick™ into an empty USB port, and install the setup software.
   - If you are using a mobile phone to set up your device, download and install the Garmin Connect™ Mobile application.
2. Go to www.GarminConnect.com/vivofit.
3. Turn on the device.

   When you turn on the device for the first time, it is in pairing mode. If your device is not in pairing mode when you turn it on, you must hold the device key until **PAIR** appears.
4. Follow the on-screen instructions to pair your device and complete the setup process.

Downloading the Software

1. From your computer, go to www.garminconnect.com/vivofit.
2. Select **Download**, and follow the on-screen instructions.

Downloading the Mobile Application

Unlike other Bluetooth® devices, your device must be paired directly through the Garmin Connect Mobile application.

NOTE: Your mobile device must support Bluetooth 4.0 in order to pair with your device and synchronize data.

1. From your mobile device, go to www.garminconnect.com/vivofit.
2. Select **Download App**, and follow the on-screen instructions.

Turning on the Device

Select the device key ①.

Sending Data to Your Computer

Before you send data to your computer, you must plug the USB ANT Stick into a computer USB port.

1. Bring the device within 3 m (10 feet) of your computer.
2. Hold the device key until **SYNC** appears.
3. View your data at Garmin Connect.

Sending Data to Your Mobile Device

Before you send data to your mobile device, you must pair the device with your mobile device (Downloading the Mobile Application).

1. Bring the device within 3 m (10 feet) of your mobile device.
2. Hold the device key until **SYNC** appears.
3. View your data in the Garmin Connect Mobile application.

Wearing the Device

1. Select a band that fits best on your wrist.
2. Make sure the pegs on the clasp are fully inserted into the band.

   When both pegs are fully inserted, the device fits securely against your wrist.
3. Wear the device all day (Using Sleep Tracking).

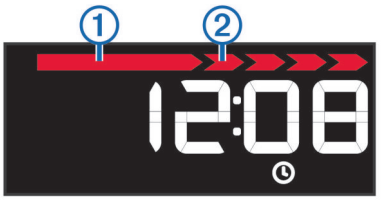
Icons

Icons appear at the bottom of the display. Each icon represents a different feature. You can select the device key to cycle through the different device features.

	The total number of steps taken for the day.
GOAL	The number of remaining steps needed to reach your step goal for the day. The vívofit device learns and proposes a new goal for you at the beginning of each day.
KM or **MI**	The distance traveled in kilometers or miles for the current day.
	The amount of total calories burned for the current day.
	The current time of day and date based on your current location. The device updates the time each time you synchronize your device to a computer or mobile device. If you change time zones, you must synchronize your device to receive the correct time.
	Your current heart rate and heart rate zone. Your device must be connected to a compatible heart rate monitor.

Move Bar

Sitting for prolonged periods of time can trigger harmful metabolic state changes. The move bar reminds you to keep moving. After one hour of inactivity, the move bar ① appears. Additional segments ② appear after every 15 additional minutes of inactivity.



You can reset the move bar by walking a short distance.

About Auto Goal

Your device automatically creates a daily step goal based on your previous activity levels. As you begin your walk or run, the device counts down the number of remaining steps in your daily goal. When you reach your step goal, the device displays **GOAL+**, and begins counting the number of steps taken that exceed your daily goal.

When you set up your device for the first time you must designate an activity class. This class determines your initial step goal.

You can change your activity class or set a personalized step goal at Garmin Connect.

Device Settings

You can customize your device settings on Garmin Connect.

Time format: You can set your device to display time in a 12-hour or 24-hour format.

Measurement units: You can set your device to display distance traveled in kilometers or miles.

Visible screens: You can customize the screens your device displays.

Auto goal: You can allow your device to determine your step goal automatically.

NOTE: When you disable this feature, you must enter your step goal manually.

History

Your device keeps track of your daily steps, calories burned, sleep statistics, and optional ANT+™ sensor information. This history can be sent to your computer or mobile device.

Your device stores your fitness activity data for up to 30 days. When the data storage is full, the device will delete the oldest files to make room for new data.

About Sleep Tracking

During sleep mode, the vívofit device monitors your rest. Sleep statistics include total hours of sleep, periods of movement, and periods of restful sleep.

NOTE: You can enter your sleep statistics manually on Garmin Connect.

Using Sleep Tracking

You must be wearing the device to accurately track periods of movement and periods of restful sleep.

1. Hold the device key until **SLEEP** appears.
2. Hold the device key to exit sleep mode.

ANT+ Heart Rate Monitor

Your device can be used with wireless ANT+ sensors. For more information about compatibility and purchasing optional sensors, go to http://buy.garmin.com.

Putting On the Heart Rate Monitor

NOTICE

Do not use gels or lubricants that contain sunscreen.

Do not apply anti-friction gel or lubricant on the electrodes.

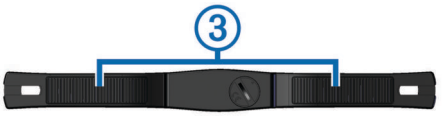
NOTE: If you do not have a heart rate monitor, you can skip this task.

NOTE: The device may cause chafing when used for long periods of time. To alleviate this issue, apply an anti-friction lubricant or gel to the center of the hard strap where it contacts your skin.

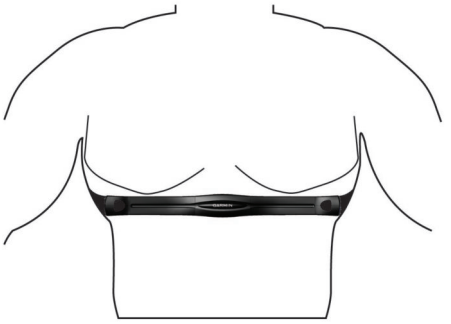
You should wear the heart rate monitor directly on your skin, just below your breastplate. It should be snug enough to stay in place during your activity.

1. Push one tab ① on the strap through the slot ② in the heart rate monitor module.

2. Press the tab down.
3. Wet the electrodes ③ on the back of the module to create a strong connection between your chest and the transmitter.



4. Wrap the strap around your chest and attach it to the other side of the heart rate monitor module.



The Garmin® logo should be right-side up.

5. Bring the device within 10 ft. (3 m) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

Pairing Your ANT+ Heart Rate Monitor

Before you can pair, you must put on the heart rate monitor.

NOTE: If your device was not packaged with a heart rate monitor, you must enable the heart rate page on Garmin Connect.

1. Bring the device within range (3 m) of the sensor.

   NOTE: Stay 10 m away from other ANT+ sensors while pairing.
2. Select the device key until **HEART** appears.

   When the sensor is paired with your device, your heart rate and heart rate zone appear.

   NOTE: Your device continues to monitor your heart rate activity after you have left the heart rate page of your device. A flashing ♥ indicates data is being sent to your device.

Stopping Heart Rate Activity

1. Go to the heart rate page on the device.
2. Wait while the heart rate data loads.
3. Hold the device key to stop heart rate activity.

   The device displays **HEART OFF**.

Device Information

vívofit Specifications

Battery type	Two user-replaceable CR1632 batteries
Battery life	Up to one year
Water rating	5 ATM*
Operating temperature range	From -10º to 60ºC (from 14º to 140ºF)

*The device withstands pressure equivalent to a depth of 50 meters.

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 volts
Battery life	Approximately 3 years (1 hour per day)
Water rating	1 ATM* **NOTE:** This product does not transmit heart rate data while swimming.

Operating temperature range	From -10° to 50°C (from 14° to 122°F) **NOTE:** In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature.
Radio frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

*The device withstands pressure equivalent to a depth of 10 meters.

User Replaceable Batteries

⚠ WARNING

Do not use a sharp object to remove batteries.

Keep the battery away from children.

Never put batteries in mouth. If swallowed, contact your physician or local poison control center.

Replaceable coin cell batteries may contain perchlorate material. Special handling may apply. See www.dtsc.ca.gov.hazardouswaste/perchlorate.

⚠ CAUTION

Contact your local waste disposal department to properly recycle the batteries.

Replacing the vívofit Batteries

1 Remove the module from the band.

2 Use a small Phillips screwdriver to remove the four screws on the front of the module.

3 Remove the cover and batteries.

4 Insert the new batteries.

NOTE: Do not damage or lose the gasket.

5 Replace the front cover and the four screws.

After you replace the device batteries, you need to pair it with your computer or mobile device again.

Heart Rate Monitor Battery

⚠ WARNING

Do not use a sharp object to remove user-replaceable batteries.

Contact your local waste disposal department to properly recycle the batteries. Perchlorate Material – special handling may apply. Go to www.dtsc.ca.gov/hazardouswaste/perchlorate.

Replacing the Heart Rate Monitor Battery

1 Locate the circular battery cover on the back of the heart rate monitor.

2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove (the arrow points to **OPEN**).

3 Remove the cover and the battery.

4 Wait 30 seconds.

5 Insert the new battery with the positive side facing up.

NOTE: Do not damage or lose the O-ring gasket.

6 Use a coin to twist the cover clockwise back into place (the arrow points to **CLOSE**).

After you replace the heart rate monitor battery, you may need to pair the heart rate monitor with the device again.

Device Care

NOTICE

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Avoid pressing the keys under water.

Do not use a sharp object to clean the device.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Thoroughly rinse the device with fresh water after exposure to chlorine, salt water, sunscreen, cosmetics, alcohol, or other harsh chemicals. Prolonged exposure to these substances can damage the case.

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Appendix

Registering Your Device

Help us better support you by completing our online registration today.

- Go to http://my.garmin.com.
- Keep the original sales receipt, or a photocopy, in a safe place.

Software License Agreement

BY USING THE DEVICE, YOU AGREE TO BE BOUND BY THE TERMS AND CONDITIONS OF THE FOLLOWING SOFTWARE LICENSE AGREEMENT. PLEASE READ THIS AGREEMENT CAREFULLY.

Garmin Ltd. and its subsidiaries (“Garmin”) grant you a limited license to use the software embedded in this device (the “Software”) in binary executable form in the normal operation of the product. Title, ownership rights, and intellectual property rights in and to the Software remain in Garmin and/or its third-party providers.

You acknowledge that the Software is the property of Garmin and/or its third-party providers and is protected under the United

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Software Update

If there is a software update available, your device automatically downloads and installs the update the next time you synchronize your device to Garmin Connect.

Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

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This product is ANT+™ certified. Visit www.thisisant.com/directory for a list of compatible products and apps.

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